

Family Fitness Night



Western Primary School is Making it Happen!



WE ARE a rural school located on 82 acres of land about 50 miles North of Indianapolis. Western Primary is grades K-2 and is 1 of the corporations 2 elementary schools. The enrollment for 2015-2016 school year is 585 and we have a 45% poverty rate.

OUR STUDENTS & FAMILIES Most of the families speak English. Less than 1% speak any other language at home. Our student population is 87.4% white, 3.4% Black, 3% Hispanic, 5% Multiracial, 1% Asian, and .2% American Indian.

OUR TEACHERS There are 32 teachers employed to meet the educational needs of our students. Special area teachers include music, art, physical education, and library. Six teachers are employed to meet the needs of special education students in the areas of communication disorders, learning disabilities, mild mental handicaps and emotional difficulties. A full time social worker is employed by the corporation to service the needs of Western Primary students.

OUR PROMISING PRACTICE Mrs. Harlow, our PE teacher, invites our students and families to Western each month for family-oriented fitness and fun. It's open to all elementary students and their families.

Here are examples of past fitness nights and how much was raised for the community outreach/needs:

- October: Halloween bash-300 participants raised \$1,500
- December: Deck the Halls Dodgeball-400 participants raised \$200
- February: Sweetheart Dance, 700 participants raised \$2,000

"Tennis shoes for TRRFCC Kids" is a yearlong drive where students bring new or used tennis shoes for kids at the school in need. This allows all kids to have shoes for PE class.

Mrs. Harlow is adding a new program called "Just Run!" It's a four week non-competitive running program for girls. Parents, friends, and families will be able to attend a one mile fun run at the completion of the program and cheer on their girls.

OUR STEPS Mrs. Harlow organizes all Family Fitness Nights and communicates the information through her "Save the Date" newsletter that goes home to every child in the school. She also sends reminders prior to the event and reminds students during class. She invites and coordinates parents and teacher/staff volunteers, as well as PTO involvement. Family Fitness Nights are full of students, parents, families, teachers and staff members.

IN OUR OWN WORDS "The family fitness nights at Western provide our family an opportunity to spend time doing activities together. My kids & I look forward to each month's activity, whether it's in the pool, dodgeball in the gym, or bike nights outside. They help us spend quality time together and create fun memories to cherish forever!" – Teddy (father)

"I love how the family fitness nights get students excited about being physically active with their friends and family. Parents and kids get to see how FUN exercising can be and how it doesn't have to feel like work!" – Mrs. Rhum (teacher)

For more information about our school or corporation, email: Mrs. Harlow tharlow@western.k12.in.us or visit our website: <http://wps.western.k12.in.us/>